

PART IX

E. 13 MILES IN 13 WEEKS INITIATIVE

As part of the Mayor's Health and Fitness Challenge, the Miami-Dade County Parks Department partnered with the Miami Tropical Marathon to create a walking program designed to train potential walkers for the "Half Marathon" and create awareness with respect to Dade County Parks walking courses available free of charge and open to the public. The following is a copy of the press release issued to the media and included on the Mayor's Challenge website @ www.mayorschallenge.net.



Office of Communications & Marketing
305-755-7800 • (fax) 305-755-7857

www.miamidade.gov/parks

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Media Contact: Laura Phillips, 305-755-7800
E-mail: parks@miamidade.gov

**Miami-Dade Parks Kick Off
"Thirteen Miles in Thirteen Weeks"
Fitness Challenge on November 3**

Program trains walkers for the 2004 Miami Tropical Half Marathon

(Miami-Dade)--If you've ever dreamed of being in a marathon or just want to find a way to put fun and fitness back into your life, then look no further! Beginning Monday, November 3, Miami-Dade Parks will help you get in shape and train for the 2nd Miami Tropical Half Marathon by walking "Thirteen Miles in Thirteen Weeks" at parks around the community.

Participating parks include:

Greynolds Park, 17530, West Dixie Highway, North Miami Beach

Tropical Park, 7900 SW 40 Street, Miami

Amelia Earhart Park, 401 E. 65 Street, Hialeah

Matheson Hammock Park, 9610 Old Cutler Road, Coral Gables

Larry & Penny Thompson Park, 12451 SW 184 Street, Miami

Mile markers will be set up along walking trails at these sites to help the walkers gauge their traveling distance.

Spearheaded by Miami-Dade County Mayor Alex Penelas and County Commissioners Sally Heyman, District 4, and Katy Sorenson, District 8, "Thirteen Miles in Thirteen Weeks" is a continuation and expansion of the Mayor's Health and Fitness Challenge. "A structured training program for walkers complements our year-long initiative of providing health fairs, screenings, nutrition and fitness tips to our residents," Mayor Penelas said.

In conjunction with the "Thirteen Miles in Thirteen Weeks" walking challenge, training tips and a structured walking schedule for each week will be available on the County web site: www.miamidade.gov (click on parks or commissioner Heyman/Sorenson) or at www.mayorschallenge.net.

Program participants are invited to walk in the February 1, 2004 Miami Tropical Marathon. More than 8,000 participants are expected to attend this event. For more information, please contact the Miami Tropical Marathon by phone (305) 278-8668, fax (305) 278-4166 or e-mail: info@miamitropicalmarathon.com

Miami-Dade Parks provides quality and diverse recreational and cultural experiences for persons with disabilities. Call (305) 755-7848(V/TDD) to request materials in accessible format, a sign language interpreter and for information on access for persons with disabilities.



In Partnership with:

Health Foundation
of South Florida

Presented by:



**W TA RENMEN AN SANTE
MEN W PA KONNEN KOUMAN?**
Leve Defi an epi...

Mete W an Fòm! Manje Byen! Layite Kò W!

Vin fè pati yon pwogram ki va dire en an GRATIS de aktivite
egzèsis fizik mansyèl, nitrisyon ak aktivite pou jere stress sa yo ki pou
ede w ak fanmi w vin an sante.



Li amizan. Li gratis. Sa va depann de w!



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305-375-3333 Oswa Vizite www.mayorschallenge.net**



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